

## ABSTRACT OF THE DISCLOSURE

A portable exercise apparatus having at least one removable, horizontal user gripping bar for supporting at least portion of the force generated by a user during exercise; a vertical  
5 frame capable of supporting at least portion of the force generated by a user during exercise that includes a free-standing vertical rear support frame and at least one pair of vertical side support frames pivotally attached to the rear support frame; and at least one user support base having opposing sides and opposing ends and capable of supporting at least portion of the force generated by a user during exercise. Each user gripping bar is  
10 removably attached to each of the pairs of vertical side support frames; and the opposing sides of the user base being removably attached to each of the pairs of vertical side support frames. One end of each user base abuts the vertical rear support frame.